

# JULY ZOOM DIGITAL FITNESS CLASSES

**REGISTER FOR  
ALL SESSIONS  
OF CLASSES FOR  
ONLY \$20!**

CHECK OUT THESE FUN AND USER-FRIENDLY  
**15-30 MINUTE** LIVE FITNESS CLASSES FOR ALL AGES

LEAD BY FORT HEALTHCARE INSTRUCTORS

## MONDAYS

JULY 6-27

3:45PM-4:15PM

INSTRUCTOR: TIFFANY

**\$10.00/SESSION**

5:30PM-6:00PM

INSTRUCTOR: STEPHANIE  
& LIZZIE

**\$10.00/SESSION**

GLUTES &  
ABS

GET 'N FIT

## WEDNESDAYS

JULY 1-29

5:00PM-5:30PM

INSTRUCTOR: TIFFANY

**\$10.00/SESSION**

5:30PM-6:00PM

INSTRUCTOR: STEPHANIE  
& LIZZIE

**\$12.50/SESSION**

BODY  
BLAST

GET 'N FIT

## TUESDAYS

JULY 7-28

4:30PM-5:00PM

INSTRUCTOR: TIFFANY

**\$10.00/SESSION**

5:00PM-5:30PM

INSTRUCTOR: ILSE

**\$10.00/SESSION**

TABATA  
TIME

VINYASA  
FLOW YOGA

## THURSDAYS

JULY 2-23

6:30AM-7:00AM

INSTRUCTOR: STEPHANIE

**\$10.00/SESSION**

5:30PM-6:00PM

INSTRUCTOR: STEPHANIE

**\$10.00/SESSION**

STRENGTH &  
FLEXIBILITY

## FRIDAYS

JULY 3-31

12:00PM-12:15PM

INSTRUCTOR: TIFFANY

**\$5.00/SESSION**

MIDDAY  
MOVE &  
STRETCH

TO REGISTER:

1. VISIT [FORTHEALTHCARE.COM/CLASSES](https://forthehealthcare.com/classes); PICK CLASS & REGISTER

2. ZOOM CLASS LINK, ID AND PASSWORD WILL BE EMAILED THE DAY PRIOR TO EACH CLASS

(\*MUST BE REGISTERED BY 4PM ON DAY PRIOR)